

# Family Caregiver Support Group Meeting

**Yakama Nation AAOA**

**Lite lunch will be provided**

Family caregivers experience physical and emotional stress, high rates of depression, feelings of anger, guilt and even anxiety.

Caregiver stress is one of the many reasons we wish to make contact with persons in this situation to offer support and possible referral to resources.

**Where: AAOA Conference Room**

**91 Wishpoosh Rd**

**Toppenish, WA**

**When: November 9, 2017 @ 12:00**

**Contact 509-865-7164**

**Laurice Kermani ext. 4715**

**Lucy John ext. 4261**



## **Yakama Nation Area Agency on Aging Meal Site Information**

***The AAoA Senior Meal Centers at the Wapato Legion Russell Barrett Post 133 and the Wanity Park Community Center will be closed to observe Veteran's Day on Friday, November 10, 2017.***

***There will be no Meals-on-Wheels deliveries on Friday November 10, Home Delivered Meal Participants will receive their meals by November 8<sup>th</sup>, 2017. Daily deliveries will resume on November 13, 2017.***

**November 8, 2017- Veteran's Day Brunch at 10:00 am**

**November 9, 2017- Clam Chowder Brunch at 10:00 am**

**November 10, 2017- Meal Sites are Closed**

**November 13, 2017- Meal Sites are open 11:30-12:30**

**For questions about meal site closures, please contact Charlotte Gonzalez at 865-7164, ext. 6244 or [Charlotte\\_Gonzalez@yakama.com](mailto:Charlotte_Gonzalez@yakama.com)**



## AREA AGENCY ON AGING SENIOR MEAL SITE INFO

Veteran's Day Meal

November 8, 2017

10:00 A.M

*Wanity Community Park-  
Wapato American Legion  
Russell Barrett Post 133-*

*201 Wanity Park Loop, Toppenish, WA  
210 E. 2<sup>nd</sup> Ave., Wapato, WA*

### Veteran's Day Menu

Salisbury Steak W/Gravy

Duchess Potatoes

Peas and Carrots

Jellied Citrus Salad

Crescent Roll

Angel Food Cake w/Strawberry Glaze  
and Whipped Topping

*For information contact Kalea Benson 865-1910 or Charlotte Gonzalez at 865-7164 *





## **Yakama Area Agency on Aging Senior Meal Site 2017 Thanksgiving Holiday Schedule**

*The AAoA Senior Meal Centers at the Wapato Legion Russell Barrett Post 133 and the Wanity Park Community Center will be closed to observe Thanksgiving on Thursday, November 23, 2017 and Native American Heritage Day on Friday, November 24, 2017. Meals-on-Wheels participants will receive their weekly meals by Tuesday, November 21, 2017. All AAoA Senior Nutrition programs will resume services on Monday, November 27, 2017. Thank you!*

November 21, 2017-	Senior's Thanksgiving Meal at 10:00 am
November 22, 2017-	Cooks Choice Senior's Brunch 10:00 -11:00 am
November 23, 2017-	Meal Sites and Meal-on-Wheels are closed
November 24, 2017-	Meal Sites and Meals-on-Wheels are closed



*For information and updates, please Charlotte Gonzalez at AAoA main office at 865-7164 ext. 6244 or Kalea Benson at 865-1910, Wanity Kitchen. Please be advised that delays or closures due to severe weather may affect AAoA meal site activities and events. Thank you!* *mm*



**Yakama Nation Area Agency on Aging Meal Site Info  
Senior's Thanksgiving Meal  
November 21, 2017 at 10:00 am**

*Wanity Senior Community Park- 201 Wanity Park Loop, Toppenish, WA*

*Wapato American Legion- 210 E. 2<sup>nd</sup> Ave., Wapato, WA  
Russell Barrett Post 133*

**Thanksgiving and Native American Heritage Menu**

**Savory Roast Turkey w/Bread Dressing and Gravy  
Dried Deer Meat  
Whipped Sweet Potatoes  
Mixed Vegetables  
Cranberry Sauce  
Fry Bread w/ Salmon Lakámiin  
Pumpkin Pie with Whipped Topping**

*For information and updates, please Charlotte Gonzalez at AAoA main office at 865-7164 ext. 6244 or Kalea Benson at 865-1910, Wanity Kitchen. Please be advised that delays or closures due to severe weather may affect AAoA meal site activities and events. Thank you!*

*FAW*



# NOVEMBER

# 2017

## NEWS/EVENTS

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>Phone Number:</b> <b>509-773-3786</b> <b>Cell: 509-261-1254</b> <b>FAX: 773-3307</b> <b>YIN AAoA Main Office</b> <b>509-865-7164</b>	<b>Title VI Office</b> <b>Located at:</b> 50 Georgeville Drive Goldendale, WA 98620 <b>Email:</b> tantone@yakama.com kimhunt@yakama.com		<b>1</b> <b>Children's Dental Day</b> at Georgeville Today 1:00-5:00 p.m. Info: YIN Latisha Dental 509-865-2102 ext.335	<b>2</b>	<b>3</b>	<b>4</b> 
<b>5</b> 	<b>6</b> <b>Flu Shot Clinic at Celilo today</b> 3:30 -5:30 pm	<b>7</b> Women's Health Celilo LH 11:00 a.m. Call Lorna for more info: 509-773-3858	<b>8</b>	<b>9</b>	<b>10</b>  YIN Offices ~CLOSED~	<b>11</b>
<b>12</b>	<b>13</b> <b>Flu Shot Clinic at Georgeville today</b> 3:30 -5:30 pm	<b>14</b> Congregate/ Senior Meal 12 pm	<b>15</b> Caregiver Support Group today at MCCOG The Dalles, OR 10:30 a.m.  "Rock Your Moc's" Day	<b>16</b>  Congregate Senior Meal 12 pm YIN Commodity Food at Georgeville today 10:30-12 pm	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> Congregate Senior Meal 12 pm	<b>22</b>	<b>23</b>  Happy Thanksgiving YIN Offices ~CLOSED~	<b>24</b> YIN Offices ~CLOSED~	<b>25</b>
<b>November is Family Caregiver Month</b> 	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>		<b>72 Hours needed for transportation request medical/dental -both Title VI and *Goldendale CHR</b>

Calendar May Be Changed Due to Unforeseen Circumstances

**Congregate/Sr. Meal: Georgeville - 12:00pm Nov. 14, 16 and 21. Thanksgiving dinner will be served on the 16th call the office if you would like to be picked up for the meal. If you're bringing guest(s) please call ahead. \*55 Years & Under \$3.75**

- Phone Numbers:**
- CHR-Goldendale \* 509-773-3858
  - YIN I.H.S Clinic 509-865-2102
  - PRC (formerly Contract Care) 1-800-922-7006
  - YIN Agency 509-865-5121
  - YIN Commodity 865-5121 ext .4694
  - PAHTO BUS 509-865-5121 Ext.#4040  
DUE TO LOW Ridership, Pahto will discontinue service between Goldendale/GV--Toppensish until April 2018

**LOCAL Sr. Meal Sites : 60 & over**  
**Goldendale** - Tues. & Thurs. 115 E. Main  
**White Salmon** - Mon. & Wed. 51 NE Washington  
**Lyle** - Tuesday's at Lyle Community Ctr.  
**Bickleton** - 2nd & 4th Tuesday at the Grange  
**Trout Lake** - 2nd Thursday 5pm TL School  
 ~\$3.50 suggested donation for all sites~  
**The Dalles** - The Dalles Sr. Center 12:00 pm  
 ~\$3.75 suggested donation~

**Happy Birthday November:**  
 Mike Cloud-Leonard Dave-Raymond Cloud-Lizzy Frazer-Roberta Norris-Zach Sampson-Carol Wahchumwah

**Flu shout outreach Clinic**  
 Celilo - November 6, 3:30-5:30  
 Georgeville - November 13, 3:30-5:30  
**Children's Dental Day:** Nov. 1 Georgeville

**"Rock Your Moc's"** Nov. 15, 3:30-4:45 Georgeville Community Center, wear your moccasins & month of Nov. "Zero to 60 Challenge" More info call Lorna: 509-773-3858